

*Texas.*—The disease has been reported from 77 counties, the number of cases varying from 1 case to 4,000 cases in each county.

*Vermont.*—On October 7 it was estimated that there were more than 10,000 cases in the State. Practically all parts of the State except the southern counties were affected.

*Virginia.*—Reports from many parts of the State indicate extensive epidemics.

*Washington.*—Schools have been closed and public gatherings prohibited at Seattle, Bremerton, Pasco, Prosser, Sultan, and Port Angeles. On October 7 it was estimated that there were 1,000 cases of influenza at Bremerton.

*West Virginia.*—Outbreaks have been reported at a number of places.

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## INFLUENZA: AVOID IT AND PREVENT ITS SPREAD.

INSTRUCTIONS ISSUED BY THE DEPARTMENT OF HEALTH AND SANITATION,  
EMERGENCY FLEET CORPORATION.

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The agents which cause the disease come from the nose and throat of infected persons. Some persons carry the infection without having the disease. So far as possible prevent what comes from the nose or throat of other persons from getting into your nose or throat. Keep in good fighting trim so that if you get the infection you will throw it off quickly.

1. *Avoid needless crowding.* Walking to work, if you have time, is better than riding in a crowded car. By going to bed an hour earlier and getting up a half hour earlier you may have time to walk.

2. *Stay in the open air* and in the sunshine as much as you can.

3. *Breathe clean air and plenty of it.* Breathe through your nose. Avoid all poorly aired places to which it is unnecessary for you to go. Keep the windows open where you sleep and, if practicable, where you work. Rooms a little too cool are better than those a little too warm.

4. *Use plenty of covering* to keep warm while you sleep and loose-fitting clothes to keep you comfortable while you are awake. Keep your feet dry and warm.

5. *Avoid coughing, sneezing, or snuffling persons* and do not cough or sneeze on others. The firing range of a careless cougher or sneezer is at least 3 feet. Get beyond the "barrage" of infected droplets. If necessarily attending the sick, wear a gauze mask over the nose and mouth. Wash your hands thoroughly after handling a person sick with grip and after handling anything likely to be smeared or sprayed with the secretions from the nose or mouth of an infected person.

6. *Wash your hands thoroughly* immediately before eating and do not put your fingers in your mouth or nose. By shaking hands or by handling door knobs or other objects touched by others you may get something on your hands which will do damage if you put it into your nose or mouth.

7. *Don't use a napkin, towel, spoon, fork, glass, or cup which has been used by another person and not washed.* Consider the safety and satisfaction of using clean eating and drinking vessels, such as private (individual) durable cups or destructible paper cups, and do not patronize dirty eating and drinking establishments.

8. *Keep away from houses where there are influenza cases unless necessary for you to visit them.*

9. *Keep up your general health* (1) by using, inside and outside, plenty of clean water. (2) by eating clean, wholesome food, (3) by sleeping at least seven hours out of each 24 hours, (4) by keeping the bowels regular, and (5) by temperance. Clean pasteurized milk and clean lemonade are good antigrip drinks, while alcoholic drinks ("booze") may make you subject to the disease.

10. *Buck up.* Be cheerful. We'll get over the grip trouble just as we will over every other obstacle on our road to Berlin.

#### What to Do if You Get Influenza.

Influenza may begin as a common cold or more severely with fever, headache, and pains in the muscles or with a chill.

If you have reason to suspect you have the disease do at once the following:

1. Report to the yard doctor or nurse or go to bed and call your physician.

2. See that the bedroom at all times is well flooded with fresh air by having the windows open.

3. Use plenty of bedclothing to keep warm.

4. Drink plain water freely.

5. Take a laxative.

6. Eat plain bland foods, such as eggs, broth, soft toast and milk.

7. Have at hand pieces of cloth or soft paper to hold over your nose or mouth when you cough, sneeze, or spit, and put these cloths containing the secretions from the nose or throat into a paper sack to be destroyed by burning.

8. Stay in bed at least 48 hours after you think you are well. Getting to bed promptly and staying in bed until you are well is very important. If it turns out that you have had only a common cold, staying in bed is the best treatment for it.